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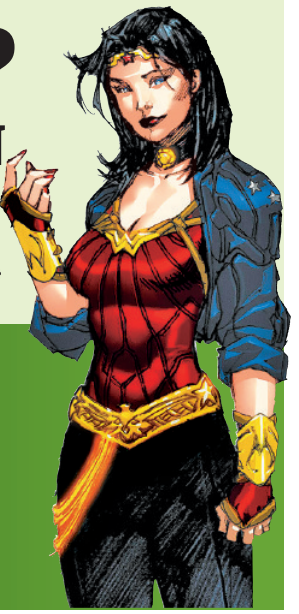

VANCOUVER metro®
Monday, July 5, 2010
www.metronews.ca

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Lake fireworks end in tragedy

Man's death as motorboat collides with houseboat an accident waiting to happen, says area official 300 to 400 boats on water after Saturday night celebration

PHOTO COURTESY DENIS DELISLE

▶ The propeller of a motorboat can be seen sticking out of a houseboat in Shuswap Lake yesterday. The 40-year-old operator of the houseboat died in the collision. More coverage, page 3.

JEFF HODSON
@METRONEWS.CA

A fatal collision between a motorboat and houseboat on Shuswap Lake was only a matter of time, according to a regional district board member.

A 40-year-old Anglemont man died Saturday following a collision that occurred as an estimated 300 to 400 people dispersed in boats following the annual July 4 fireworks over Magna Bay, said Denis Delisle.

"Everybody sees all these close calls and they go, 'Boy, someday, someone is going to get killed, and then it will be a big to-do.' Well, here it is."

Family

'Making a baby is a team sport'

Women's bodies often get the blame, but 40% of infertility cases can be attributed to men: Doctor {page 12}

Stage set for former Will and Grace star

McCormack ready to sink teeth into Glengarry Glen Ross {page 10}

Do you know way to Xwayxway?

Sullivan on proposed name change for Stanley Park {page 7}

Taking it out on your toaster

Psychologist offers a new way to rant in stress-advice book {page 15}

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Guidy Mamann finds plenty to be skeptical of in new refugee reform law at metronews.ca/immigration

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JEFF HODSON FILE PHOTO

▶ Vancouver Mayor Gregor Robertson examines organic apples at the farmers' market in Kitsilano in October 2008.

Farm fairs set to grow?

City council to look at amending existing bylaws **Councillor says demand for markets growing**

KRISTEN THOMPSON
@METRONEWS.CA

There could be more farmers' markets sprouting up around Vancouver if city council agrees tomorrow to amend city bylaws, making it easier to start and operate the fairs.

Coun. Andrea Reimer said right now they're zoned as special events without a lease and can't put up permanent signage, so there's no guarantee they can operate from week to week.

"It's hard for farmers to run a business with so little certainty around it," she said. Reimer added there's a lot of demand to have more markets.

"All of the farmers' markets are north of 12th Avenue, so that's a pretty big part of the city that's not being covered," she said.

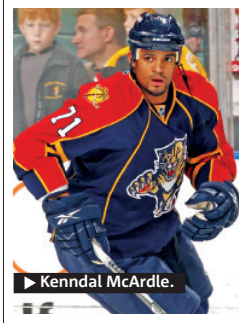
Other markets

Summer shopping
Vancouver has four summer farmer markets, in Kitsilano, Main Street, Trout Lake and West End (Comox Street).

Local NHLer returns to raise cash

Florida Panthers left-winger Kenndal McArdle is returning to the city he grew up in to attend a fundraiser for Canuck Place Children's Hospice this Friday in downtown Vancouver.

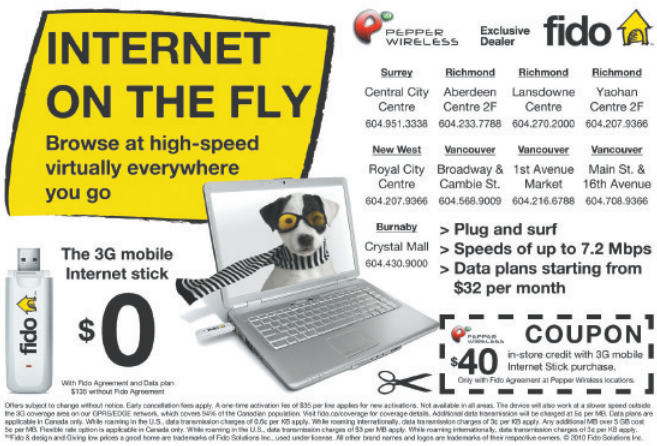
McArdle, who helped the Vancouver Giants raise the 2007 Memorial Cup, will be taking part in the second-annual Dream Auction at the Vancouver Law Courts Inn. "I love the city ... and to give ... back in any way that I can, it's something that I'll always be wanting to do," McArdle said. "I think all the guys from the Lower Mainland want to help in any way." RAGNAR HAAGEN



▶ Kenndal McArdle.

Police on hunt after assaults

Vancouver police have set up a tip line to help catch a suspect in the recent sexual assaults in the West End. Two women were attacked within blocks of one another on July 1. Anyone with information is asked to call 604-717-2648. RAGNAR HAAGEN



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Flavoured smokes banned as of today

KYLE FARQUHARSON/FOR METRO VANCOUVER

▶ Lolita Ocampo, a clerk at the 7-Eleven on Homer Street, shows flavoured cigarettes that are banned in Canada as of today.

But impact on businesses won't be as great as HST, merchants say

A ban on the sale and manufacture of flavoured cigarettes starting today will have a significant impact on business, but not nearly as much as last Thursday's introduction of the HST, local merchants say.

"A lot of the newer flavoured cigarettes don't have filters, and some people just aren't used to that, so sales (of flavoured cigarettes) have decreased already," said Myung Myim of Dodi Market on Davie Street.

She added that teenagers try to purchase flavoured cigarettes all the time, but she said she believes her emporium's reputation for consistently checking IDs has deterred prospective underage buyers.

The federal government has decreed that flavour-infused cigarettes, including Prime Time, Bullseye and fruit-flavoured smokes, are a "gateway" drug for future smokers. The new legislation is part of a larger crackdown on tobacco.

Stats

The Canadian ban comes in response to a similar prohibition imposed by the U.S. Federal Food and Drug Administration (FDA) in September 2009.

- **Teenagers** According to research by the Canadian Lung Association in 2006, almost 20 per cent of Canadian teens (12-19) smoked cigarettes daily or occasionally.
- **Smuggling** Authorities estimate that cigarette smuggling is a $1.5-billion industry in Canada. With the new ban in place, there is a possibility that the flavoured cigarette market will move underground.

The ban does not apply to menthol cigarettes, which account for a much greater percentage of the average retailer's bottom line than fruit, vanilla, candy and other saccharine flavours of smokes.

KYLE FARQUHARSON

JOYCE STREET SKYTRAIN

2 hurt in swarming attack

A swarming attack less than a block from Joyce Street SkyTrain Station early yesterday morning has left two young men in hospital.

The two injured men, age 19 and 20, both suffered cuts and bruises as they attempted to escape their attackers.

Both victims were part of a group of six that was hanging out in the area, explained Vancouver police Insp. John Grywinski.

Around 1 a.m., a throng of about 15 people surrounded and violently attacked the smaller group in the 3200 block of Clive Avenue.

The perpetrators are described as similar in age to the victims.

No arrests have been made yet in the case, but Grywinski said the incident appears to be isolated.

KYLE FARQUHARSON

Man killed in boat collision

A 40-year-old man has died after a speedboat and houseboat collided on Shuswap Lake.

Eight others were taken to Royal Inland Hospital in Kamloops suffering an assortment of injuries after the head-on crash.

The speedboat launched out of the water and into the interior of the houseboat.

The collision occurred at 11:20 p.m. Saturday in the middle of the lake after a fireworks display near Magna Bay, according to RCMP Cpl. Dan Moskaluk.

Three people were aboard the speedboat, an 18-foot Campion Runabout, and 13 others were on the 40-foot houseboat.

Wounds ranged from minor bruises to fractures and head injuries. Two people remained in hospital yesterday.

Other boaters in the area assisted, providing first aid and towing the boats ashore.

The 40-year-old Anglemont man, the operator of the houseboat, was pronounced dead at the scene.

RCMP have not released his identity.

JEFF HODSON

METRO VANCOUVER FILE PHOTO

▶ Mayor Gregor Robertson crosses the Burrard Bridge.

Bridge rehab may hinder commute

A major rehabilitation of the almost 80-year-old Burrard Street Bridge could be a serious pain for commuters who may find themselves funnelled from five lanes into three, a city councillor warned yesterday.

"It will take a couple of years to rehabilitate the bridge," said Coun. Geoff Meggs.

"And there will be serious reduction in traffic capacity on the Burrard Street Bridge during the rehabilitation process."

Two lanes of the five-lane bridge may be lost to construction, he warned, as crews work to replace sidewalks and railings on the heritage structure.

On Thursday, council will vote on whether to fund $2 million to design the bridge rehabilitation and make permanent the bicycle lanes that were installed a year ago as a trial.

The rehabilitation work will include replacing the parapet railing and testing the deck and sidewalks. Past estimates have pegged the price of upgrades at around $30 million.

JEFF HODSON

Oil tanker safety on agenda

Vancouver city council is scheduled to meet today to discuss oil tanker safety in Burrard Inlet. Experts on oil-spill prevention and response will be on hand to answer questions from councillors.

RAGNAR HAAGEN

Granville to be closed for party

Granville Street between Smithe and Hastings streets will be closed to traffic every weekend for a summer-long street celebration that started on Saturday. For details, visit rediscovergranville.com.

KRISTEN THOMPSON

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Sask. twister estimated at F3

Environment Canada says a tornado that destroyed homes and damaged others on a Saskatchewan reserve was more powerful than first thought.

Dave Carlsen, a meteorologist with the federal agency, says they're now estimating that winds during the F3 twister could have exceeded 300 km/h.

Previous estimates were that an F2 tornado, packing winds of up to 200 km/h, damaged dozens of homes and buildings on the Kawacatoose First Nation southeast of Saskatoon.

But a storm team surveying the damage says there's evidence of a more powerful twister at work. Carlsen says in one instance, a steel building was ripped off its foundation, and some of the foundation was torn from the ground.

The forecaster says less than five per cent of all tornadoes each year in Canada are rated as F3 or higher on the Fujita scale.

THE CANADIAN PRESS

JENNIFER GRAHAM/THE CANADIAN PRESS

▶Farley Machiskinic points to where his sister and brother lived in a duplex that was ripped apart by a tornado in Raymore, Sask.

TASER INQUIRY

B.C. report taken to court

A British Columbia public inquiry's conclusion that a jolt from a Taser can be lethal wasn't based on all of the evidence and has hurt the manufacturer's business around the world, the company will argue in court this week.

Taser International filed a petition demanding the findings be thrown out, and the case will be heard in B.C. Supreme Court starting Monday.

The Arizona-based company says the report has forced it to travel the world to defend its products, and the findings prompted officials in Africa to scrap a contract worth "tens of millions of dollars."

THE CANADIAN PRESS

MPs holding on to their day jobs

- Statements show nearly half of Parliament collects outside income
- Base salary for MPs is $157,731

Nearly half of Canada's members of Parliament are moonlighting, running businesses or collecting income above and beyond their six-figure salaries.

A review of recent disclosure statements filed with Parliament's ethics commissioner shows that 151 of Canada's 308 MPs are either receiving an outside income or have an ownership stake in an outside business.

The analysis for The Canadian Press found that 103 MPs are owners or part owners of businesses, ranging from fast-food restaurants, a bakery and wilderness tours to holding companies, farms or real-estate investment.

The filings also show that 99 MPs each received more than $10,000 in income from outside sources in the previous year, in addition to their base salaries of $157,731.

Forty-eight MPs collect pensions — most of them from governments. Another 51 listed income ranging from speaking and consulting fees to rental and farm income.

Fifty-one MPs listed both outside income and outside business interests.

NDP Leader Jack Layton is the owner of the Green Catalyst Group Inc., has a 25 per cent interest in Layton Holdings Ltd., is a joint owner of an investment property in Toronto and collects a municipal pension. Neither Prime Minister Stephen Harper nor Bloc Quebecois Leader Gilles Duceppe listed any outside jobs, companies or income.

While there are some restrictions for cabinet ministers, MPs can hold as many outside jobs and own as many companies as they like. THE CANADIAN PRESS

Moonlighting

The businesses and side jobs are as varied as the MPs themselves:

- **Thunder Bay-Superior North MP Bruce Hyer** owns Wild Waters Nature Tours and a wilderness shop.
- **MP John Rafferty** owns a communications and media recording business.
- **Conservative MP Joe Preston** owns a Wendy's restaurant and an interest in a Boston Pizza.
- **Liberal MPs Justin Trudeau and Kirsty Duncan** earn money from speaking engagements.
- **Liberal MP Gerard Kennedy** is a consultant to Toronto-area Alpha Labs.
- **British Columbia MP Keith Martin** has to practise medicine periodically to keep his credentials.

RENE JOHNSTON/TORSTAR NEWS SERVICE

▶ Liberal Leader Michael Ignatieff collects rent from a property he co-owns in France, as well as fees from public speaking, freelance journalism and book writing — all on top of his annual $233,247 salary.

Israeli PM backs Palestine talks

Israel's prime minister yesterday endorsed a U.S. call for direct peace talks with the Palestinians, seeking to set a positive tone as he heads to the White House for talks with U.S. President Barack Obama.

After a rocky meeting between the two leaders in March, both Israel and the U.S. are taking great pains to sound more upbeat.

But underlying the meeting is the fact that despite a year and a half of U.S. diplomacy, Israelis and Palestinians can't even agree on whether to sit down together to talk.

Prime Minister Benjamin Netanyahu has long been calling for direct talks, but Palestinians have been wary of giving legitimacy to a hard-line Israeli government they view with suspicion.

THE ASSOCIATED PRESS

Ship strike

- Also on the agenda during the White House meeting tomorrow will be Israel's response to the outcry that followed the bloodshed aboard an international aid ship that broke the Israeli blockade of the Gaza Strip.

News in brief

Polish leader set to win vote

ELECTION. Interim president Bronislaw Komorowski appeared yesterday to have held off a last-minute surge from the identical twin brother of the late president, who died in an April plane crash that shocked the country and forced early elections. Exit polls showed Komorowski with a slight edge over Jaroslaw Kaczynski.

THE ASSOCIATED PRESS

Woman bests royal security

TORONTO. A carefully coordinated visit by the Queen to a morning church service yesterday was thrown for a bit of a loop when a woman broke free of the crowd and marched right up to the monarch. The Queen took the surprise in stride, smiling and chatting with the woman. Security appeared reluctant to physically stop the older woman, who gave the monarch something in a black, plastic bag.

THE CANADIAN PRESS

Champion eater crashes contest

NEW YORK. A Japanese eating champion who sat out this year's Coney Island Fourth of July hot dog contest apparently couldn't resist the temptation to hotdog afterward. Competitive eater Joey "Jaws" Chestnut gobbled his way to a fourth consecutive win yesterday. But he was upstaged by the surprise appearance of his biggest rival — six-time champion Takeru Kobayashi, who did not compete but crashed the stage after Chestnut's win and wrestled with police.

THE ASSOCIATED PRESS

▶ Takeru Kobayashi

Mamma mia! Chef breaks pizza record

There was plenty of pie to go around in Toronto's Little Italy after the Food Network's Bob Blumer broke the Guinness World Record for most pizzas made in an hour.

Blumer made 168 cheese and tomato pizzas in 60 minutes, beating the previous record of 142 pies set in 2008.

The stunt was shot for the channel's Glutton for Punishment on which Blumer attempts to break six world records this season. THE CANADIAN PRESS

22 The Montreal native stretched, sauced, cheesed and fired a pizza about every 22 seconds.

DUSAN VRANIC/THE ASSOCIATED PRESS

▶ Gen. David Petraeus formally assumes command in a ceremony yesterday in Afghanistan

Petraeus: In it to win it in Afghanistan

- General takes over both U.S. and NATO command
- 'Contest of wills' against Taliban and their allies

"We are in this to win," Gen. David Petraeus said yesterday as he took the reins of an Afghan war effort troubled by waning support, an emboldened enemy, government corruption and a looming commitment to withdraw troops even with no sign of violence easing.

Petraeus, who pioneered the counterinsurgency strategy he now oversees in Afghanistan, has just months to show progress in turning back insurgents and convince both the Afghan people and neighbouring countries that the U.S. is committed to preventing the country from again becoming a haven for al-Qaida and its terrorist allies.

"We are engaged in a contest of wills," Petraeus said as he accepted the command of U.S. and NATO forces before several hundred U.S., coalition and Afghan officials outside NATO headquarters in Kabul.

Petraeus, widely credited with turning around the U.S. war effort in Iraq, said the Taliban are killing and maiming civilians in an attempt to undermine public confidence.

"In answer, we must demonstrate to the people and to the Taliban that Afghan and international forces are here to safeguard the Afghan people, and that we are in this to win," Petraeus said on U.S. Independence Day.

THE ASSOCIATED PRESS

Afghan progress

Gen. David Petraeus insists progress had been made:

- **7-million kids in school.**
- **Child immunization rates at 70 per cent.**
- **New roads and bustling economies in cities.**

MIDEAST

Biden urges Iraq to select leaders

Vice-President Joe Biden urged rival Iraqi politicians yesterday to end months of delays and select new leaders for their wobbly democracy, predicting a peaceful transition of power even as suicide bombers struck government centres in two major cities.

The attacks in Mosul and Ramadi underscored persistent fears that insurgents will exploit Iraq's political uncertainty to stoke widespread sectarian violence. Four people were killed and 25 injured in the two blasts that occurred hundreds of miles apart.

The twin explosions on the Fourth of July illustrated the vexing nature of the U.S. involvement in Iraq and its efforts to nudge the country toward stability and democracy.

THE ASSOCIATED PRESS

Space cargo makes safe landing

An unmanned Russian space capsule carrying tons of food, water and supplies to the International Space Station docked with the orbiting laboratory yesterday, two days after the first attempt went awry.

The Progress cargo ship was to have docked with the space station on Friday, but failed.

THE ASSOCIATED PRESS

LABOUR

Tentative deal in year-long strike

A long-running and bitter strike that has lasted nearly a year could finally be coming to an end for workers in Ontario as mining giant Vale announced both sides had reached a tentative agreement yesterday.

The Brazilian metals miner said the agreement involves a new five-year contract with United Steel Workers Locals 6500 and 6200, which represent production and maintenance employees in Sudbury and Port Colborne, Ont.

"It's been a long strike and I think that both sides worked hard," said Cory McPhee, Vale's vice-president of corporate affairs. "Both sides wanted a deal and that ultimately was the driving force to this outcome."

The tentative agreement is to be signed between Vale and the USW in Sudbury and Port Colborne today.

THE ASSOCIATED PRESS

Apple Inc. comes to grips with issue

PAUL SAKUMA/THE ASSOCIATED PRESS

▶ Apple CEO Steve Jobs talks about the composition and metal antennae band that surrounds the Apple iPhone4 at an Apple conference in San Francisco last month.

◗ 'Death grip' of new iPhone shows signal drop ◗ Company vows to fix

Apple Inc. said Friday that it was "stunned" to find that its iPhones have for years been using a "totally wrong" formula to determine how many bars of signal strength they are getting.

Apple said that's the reason behind widespread complaints from users that the latest model, iPhone 4, can show a sudden plunge in signal strength when they hold it in a way that covers a small black strip on one edge of the phone. Users have jokingly called this the "death grip" for the phone.

That drop seems exaggerated because the phone can wrongly display four or five bars of signal strength when it shouldn't, Apple said.

"Their big drop in bars is because their high bars were never real in the first place," the company said in a statement to users.

Yet the statement that the bar display is "totally wrong" is surprising, since there is no standard formula in the industry for translating signal strength to bars.

The company said it will fix the formula to one recommended by AT&T Inc. through a free software update within a few weeks for the most recent iPhone models, 3G, 3GS and 4. However, the "wrong" formula goes back as far as the original iPhone, launched in 2007.

Apple apologized to customers "for any anxiety we may have caused."

THE ASSOCIATED PRESS

Markets heading for double dip?

Stock markets will be hunting for direction this week as investors grapple with the persistent question of whether the economy will continue to build a gradual recovery or fall off the tracks and begin another spiral downwards.

The key uncertainty that still persists is whether markets will head into a "double dip," or a second plummet of the economy and stocks.

Last week, the U.S. unemployment rate fell unexpectedly, dropping to 9.5 per cent. However, the drop came as some people gave up looking for employment.

THE ASSOCIATED PRESS

News in brief

Mideast investors eyeing BP?

DUBAI. BP may be looking to sovereign wealth funds in the oil-rich Middle East to fend off takeover bids amid mounting costs from the Gulf of Mexico oil leak disaster, according to reports published yesterday. The National, an Emirati newspaper, cited unnamed "informed sources" in the region saying that Mideast financial institutions have submitted proposals to BP advisers and are waiting for a response. Among the options being considered are the acquisition of key assets or a direct cash injection to help strengthen the oil giant's balance sheet, according to the English-language paper. The paper quoted a person it called an informed source as saying that "BP knows there is potential support from the Middle East."

THE ASSOCIATED PRESS

North Korea ruled out

U.S. officials have largely ruled out North Korea as the origin of a computer attack last July that took down U.S. and South Korean government websites, according to cyber security experts. But authorities are not much closer than they were a year ago to knowing exactly who did it — and why.

In the days after the fast-moving, widespread attack, analysis pointed to North Korea as the likely starting point because code used in the attack included Korean language and other indicators.

Toyota recalls cars in Japan

Toyota started recalling more than 90,000 luxury Lexus and Crown vehicles today in Japan over defective engines.

Toyota Motor Corp. said recalls in overseas markets will follow soon.

Toyota told the Japanese government it was recalling 91,903 vehicles for flaws in the valve springs, a crucial engine component, that could make the automobile stall while in motion.

THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

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DO YOU KNOW THE WAY TO XWAYXWAY?

Urban Compass

PAUL SULLIVAN

If you believe the weather forecast (and who does?) it could finally be nice enough to go for a stroll around the Xwayxway Seawall.

At the very least, you could open the sunroof when you drive through the Xwayxway Causeway. No, I'm not suffering from a speech disorder that causes me to lapse into Coast Salish. I'm just trying out the name suggested for Stanley Park that has everyone buzzing.

Just before Canada Day, a 95-year-old elder suggested we go back to the name of the original Squamish First Nation Village at what is now Lumberman's Arch. And now everyone has an opinion.

Vancouver's First Enthusiast, Gregor Robertson, is all over it like a puppy with a big tongue. Perhaps more surprisingly, Tourism Vancouver CEO Rick Antonson also likes the idea, but only if it's integrated alongside the current brand. Second billing, perhaps, but a long way from lost in the prehistoric mists.

To be honest, when I first heard the Xwayxway (say Kwhy-kway) idea, I thought to myself: So that's how it feels when they change the name of your favourite place into a language you don't understand and don't speak.

"And you have to admit Xwayxway, which means 'Place of the Mask, is sexier and more mysterious than Lumberman's Arch, which sounds sexy only to a podiatrist."

Exactly how the First Nations people must have felt when a bunch of guys with guns and white powdered pigtails went around renaming their favourite landmarks without anyone's permission. One morning you wake up and it's not Xwayxway, as it has been for the last 3,000 years — it's Granville or Vancouver or Stanley Park. Who are these guys?

So I sympathize. And you have to admit Xwayxway, which means "Place of the Mask," is sexier and more mysterious than Lumberman's Arch, which sounds sexy only to a podiatrist.

But is it a good idea? My foremost experience with incomprehensible languages in an otherwise English-speaking environment is Wales, where the signs are also in the original Welsh language.

This is not so hard, especially if Xwayxway stands alongside Stanley Park, which should come first on the GPS, at least. Maybe it will even get us looking at the park in a different, more ancient light. In a town where everything is 37 minutes old, is that a bad thing?

Meanwhile, I bet that 95-year-old Squamish elder had no idea what a fuss his suggestion would cause. Then again, maybe that's exactly what he was thinking.

Back atcha, white powdered pigtails.

Cartoon

Enjoy home ownership

Letters & Tweets

TORONTO. I would like to take this opportunity to clarify some information related to David Descôteaux's article on July 2.

The actual amount of mortgages currently insured by CMHC is approximately $480 billion, well below the approved limit. CMHC manages its mortgage insurance business at no cost to Canadian taxpayers, through sound business practices that ensure commercial viability without having to rely on the Government of Canada for support, even in less favourable economic times. Canada's prudent lending and mortgage insurance practices have allowed Canadians to continue to enjoy the benefits of home ownership.

KAREN KINSLEY, PRESIDENT AND CEO, CANADA MORTGAGE AND HOUSING CORPORATION

EDMONTON. While on the LRT last week, I realized the Metro I had picked up was different.

Sifting through, I discovered a brand new layout that was intriguing and creative. What I can say initially is that it seemed there was a whole lot more — all the different font sizes and coloured columns seemed to multiply the amount of news inside.

I really enjoy it.

GARY HUITSING

Managing mortgages

Who is your choice to win the World Cup?

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Metro has the right to edit letters and submissions.

Noteworthy

No recall needed: Hair in jam planned

The Royal hair? Jam made from one of Princess Diana's hairs has been selling strong at an art exhibition in London.

Sam Bompas, who founded catering company Bompas and Parr, said a tiny speck of the late Princess of Wales' hair has been infused with gin, then combined with milk and sugar to make the preserve, which tastes like condensed milk.

Bompas said he bought the hair off eBay for $10 from a U.S. dealer who collects celebrity hair.

THE ASSOCIATED PRESS

metro

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Metro Minute on a stroll at English Bay

As the days get longer, the sunsets get prettier at English Bay. Monday evenings are a great time to grab a coffee and stroll along the Seawall to take in the last colours of the day.

The path — which stretches from Main Street SkyTrain Station and meanders through Yaletown, False Creek North, the West End and around Stanley Park — is a great way to take in the city.

Why not grab ice cream at Mondo Gelato or the Marble Slab at Davie and Denman streets and sit on a bench watching the boats at English Bay? Or, grab a late-night drink at one of the many restaurants and bars along Denman Street.

METRO VANCOUVER

ANNA SUNDBY/FOR METRO VANCOUVER

▶ English Bay at sunset.

2 scene

GETTY IMAGES

▶ M. Night Shyamalan has plans of box-office domination with his adaptation of the animated TV series, The Last Airbender.

Shyamalan seeking his own Harry Potter

The Sixth Sense director hopes he's on the cusp of a hit franchise with The Last Airbender ◐ Fantasy picks up $40.65 million on weekend

STEVE GOW
FOR METRO CANADA

With The Last Airbender, M. Night Shyamalan challenged himself not with devising the original twist endings his movies have become synonymous with. Instead, this test required realistically animating the elements — fire, water, earth and air.

"I was most apprehensive about fire because I've never seen fire look good on film," said the Oscar-nominated filmmaker in New York. "But it turned out water was the most difficult. It's very labour intensive, each use of it is so specific and different and so scrutinized."

And scrutiny is something Shyamalan is familiar with.

After becoming Hollywood's golden boy manufacturing mindbenders like The Sixth Sense and Signs, Shyamalan's latest films (Lady in the Water, The Happening) were mostly roasted by the critics.

By turning his attention to proven source material — the animated TV series Avatar: The Last Airbender — Shyamalan is hoping he's on the cusp of a hit franchise.

"What was great was that I (discovered) it before anyone knew about it," admitted Shyamalan of the cult show he latched onto three years ago.

"I'd tell my agent, 'I keep making my thrillers and I love those but if I'm ever going to do anything, I want you to find me Harry Potter before its Harry Potter. Or find me The DaVinci Code or Jurassic Park before it becomes a (blockbuster franchise) so I can become a part of its genesis and incorporate myself into it.'"

Whether The Last Airbender will spawn sequels still remains to be seen but weekend box-office numbers bode well for Shyamalan. Airbender finished second behind The Twilight Saga: Eclipse with nearly $41 million in ticket sales.

Hits and misses

- **The Sixth Sense (1999)** Nominated for six Oscars, this thriller is considered one of the best American films ever made.
- **Unbreakable (2000)** A cult hit starring Bruce Willis, rumours still circulate Shyamalan is working on a possible sequel.
- **Lady in the Water (2006)** A major box-office stumble, critic Lisa Schwarzbaum called this "Shyamalan's most alienating and self-absorbed project to date."

News in brief

1 Kelsey Grammer and his wife are divorcing after nearly 13 years of marriage. THE ASSOCIATED PRESS

2 Clark County officials say their records show that disgraced former Olympian Tonya Harding has married again. THE ASSOCIATED PRESS

3 Swiss officials say they will decide soon whether to extradite Roman Polanski to the U.S. THE ASSOCIATED PRESS

Quileute Nation embraces Twilight Saga fame

The leader of the Quileute Nation in northwest Washington first began hearing her tribe had a role in a popular series called the Twilight Saga from fans clamouring to know more about the place where a vampire tale of teenage love unfolds.

"The interest in our tribe was a surprise, a good surprise," tribal chairwoman Anna Rose Counsell-Geyer said.

"I thought to myself, people are going to actually get to know the Quileute and we are going to be recognized as a people. The real Quileute."

That was a couple of years ago. With Eclipse, the series' third movie in theatres now, the 750-member Quileute Nation is reveling in the Twilight spotlight, attempting to capitalize on the blockbuster's massive financial pull and welcoming new interest in the tribe's culture.

"The interest in our tribe was a surprise, a good surprise."
ANNA ROSE COUNSELL-GEYER

At their Oceanside Resort, the tribe is opening a cabin decorated in a wolf theme, a shout out to Jacob Black and the Quileute's own origin story, which begins with a transformation from wolves to people.

At a Quileute store in the reservation town of La Push, handmade beanie hats with "Jacob" stitched on them sell for nearly $35. There's also a Jacob's Java espresso stand.

THE ASSOCIATED PRESS

Wonder Woman gets a new look

- New "hipster" less-partriotic clothes blasted by some, loved by others
- 69-year-old character gets also gets a new back story to revive franchise

She's been ruined! Covered up! De-patriotized! You call that chic?

Wonder Woman's new wardrobe change — goodbye, star-spangled hot pants! — is a generational twist that has comic fans searching for meaning, and DC Comics searching for higher sales.

The change came this week, when the publisher put out its 600th issue in the 69-year-old Wonder Woman saga. It not only updates the look of this beautiful Amazon with the superhuman strength, the indestructible bracelets and the magic lasso — it changes her back story, too.

What's really gotten some purists going is the costume. Gone are the ample red bustier, star-flecked hot pants and red knee-high boots, a 1940s-pinup look that Lynda Carter brought to life in the 1970s TV series.

Now, Wonder Woman, aka Diana Prince, wears black leggings or tights. She sports a motorcycle jacket and little bootie-like shoes. Her tiara is there, but mostly covered by her flowing hair. She looks less like Wonder Woman and more like a modern-day urban hipster. Whatever the reasoning for the change, complaints have been coming fast and furious.

"She's gone from Paris to Poughkeepsie," noted fashion publicist and MTV reality show habitue Kelly Cutrone. "She's a superhero! This is NOT a good fashion look."

Not all fashion followers were dismayed with the new look.

"I'm actually not a comic fan, but I have to say the new outfit is pretty fabulous," said Jimmy Contreras, a boutique owner in Philadelphia.

Feminist author and icon Gloria Steinem, who embraced Wonder Woman as a role model, isn't too upset with the clothes. It's the story change she really dislikes. Before, Wonder Woman had been raised on an island by her Amazon mother and sisters. Now, that island was destroyed when she was a baby, and she was shepherded off, to be raised elsewhere.

Story change

Why make big story changes and introduce a new look for Wonder Woman?

- DC Comics is clearly hoping the new Wonder Woman will bring in a whole new audience. The company won't give out sales figures, but DC Comics co-publisher DiDio acknowledged that Wonder Woman, despite her place in the "triumvirate" of most important comic superheros along with Superman and Batman, sells less than those two.
- "We're really hoping to grow our fan base, and really re-establish her as one of the premier superheroes in comics," he said.

THE ASSOCIATED PRESS/DC COMICS

▶ Wonder Woman's new look

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Timberlake creating scents

Popstar Justin Timberlake launched the female version of Givenchy's perfume Play in Paris. Metro talked to him.

What is a popstar from Memphis doing pushing perfume in Paris?
I'm a creative person. I like to develop other senses than my ears.

And to earn money?
I don't have to do this for the money and I'm not interested in being the face of a brand. I just think it's fun to learn how to bring a perfume to the market. And Givenchy is a legendary name for me, because my mother admired Audrey Hepburn, the muse of the brand, very much.

You have two versions of Play for her. Why?
Because women, just like men, have different moods. At times, they can be beasts and then they want a spicy, bestial scent. At other times, women are more relaxed and they would like to have a lighter, more floral perfume.

> **"I always make sure that I'm surrounded by friends I have known since before I got famous."**
> JUSTIN TIMBERLAKE

Recently, you made the video for Life Without You with Holland's Esmee Denters. What do you think of her?
Esmee is a true talent and very funny, and very soulful. She's still very young, but she's like me in my younger days, enterprising and not afraid. I like that. Her voice is very American, but her character is very European.

What do you mean, European?
Europeans don't have an attitude. You are very well able to separate work from your private life. You have to be able to do that, otherwise you'll go mad.

Are you good at it?
I try to. I always make sure that I'm surrounded by friends I have known since before I got famous. That's how you remain level-headed. And my mother is a very common sense person.

▶ Justin Timberlake

She must be very proud.
Yes. Especially, because I got over my timidity. My mother said that until I was eight-years-old I only knew what my sneakers looked like. I always walked around with my head down. But when I discovered the stage at school, a monster came out.

And now you've sold 17 million records, have your own clothing line William Rast and your perfumes. Are you satisfied?
It can always get better. And then I don't mean that I want to make more profit. I like to work with people who are passionate about their business. It's not easy being Justin Timberlake, with all the attention, but I feel privileged.

You are working on a comedy with you ex-girlfriend Cameron Diaz. Doesn't Jessica Mind?
What can I say? Cameron and I share the same sense of humour and I enjoy working with her. With Jessica I share other things.

METRO WORLD NEWS

TV watch list

White is Hot in Cleveland

COMEDY Betty White's new comedy series, Hot in Cleveland, arrives in Canada tonight. The 88-year-old plays the fiery caretaker of a house that's rented out by three best friends from Los Angeles who decide to stay in Cleveland after their Paris-bound plane makes an unexpected landing there. (CTV)

40 years later

DOC. Canadian filmmaker Sarah Polley narrates 40-Year Secret on The Passionate Eye. Featured is an Ontario couple who gave up their baby for adoption. Four decades later, they rekindle their romance and search for their child. (CBC News)

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CONSPIRACY CHARGE ADDED TO BURGLARY CASE

Five people accused of burgling celebrities' homes now face conspiracy charges after a grand jury issued an indictment against the group.

The indictment, unsealed Friday, details the research and planning that went into the break-ins at the homes of stars such as Paris Hilton, Lindsay Lohan, Orlando Bloom and Megan Fox.

In the case of the break-in at Hilton's home, the indictment alleges group members prepared detailed floor plans, including the placement of security cameras and where the heiress stashed a key. The group may go on trial by November.

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McCormack returns to roots

Canadian actor will step on to a Vancouver stage later this month
Former Will and Grace star excited to return to his first love

It'll be a reunion of sorts for TV star Eric McCormack when he returns north of the border to take the lead in the theatre staple Glengarry Glen Ross in Vancouver later this month.

The former Will & Grace star says he'll be among pals when he stars in the classic David Mamet tale about cut-throat real estate agents at the Arts Club Theatre.

"It's been a long time gestating, (and) the cast, we're all old friends," the L.A.-based McCormack said. "Bart Anderson and I went to theatre school together, Gerry Plunkett, his wife and I went to theatre school together, my friend Vince Gale, we did Dracula at the Arts Club 16 years ago. These guys have known each other a long time, we are ready to play these parts and I can't wait to sink my teeth in it."

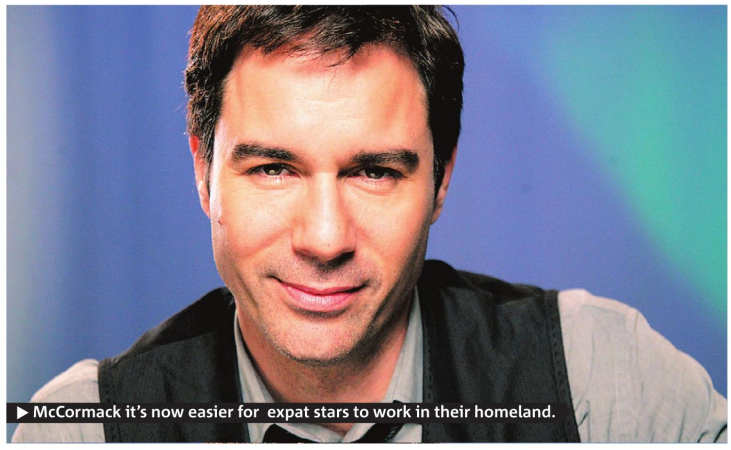
"I wanted to be Maxwell Smart and I wanted to be on the Stratford stage... I wanted it all."
ERIC MCCORMACK

It'll also be a return to his first love, the stage. McCormack cut his teeth in musical theatre, and describes his high school self as akin to the fictional singing-obsessed teens on the TV show, Glee.

Since then, he's weathered ups and downs in his acting career, but revels in the fact he's been able to dabble in each of the diverse fields he once envisioned for himself as a starry-eyed kid.

"My dreams were always scattered," says McCormack.

"I wanted to be Maxwell Smart and I wanted to be on the Stratford stage and I wanted it all. Eventually I wanted a sitcom and so to be able to keep playing in all those ballparks is pretty fun."


McCormack it's now easier for expat stars to work in their homeland.

Funny or die

McCormack is working on a range of other projects

Online: An outrageous Funny Or Die skit is making the rounds, in which McCormack plays a sex-ed teacher out to warn high school teens about ``finger babies.''

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Woody plays with Paris crowd

Woody Allen joked with the Paris moviegoing public that consequences would be dire if they didn't like his new film.

The U.S. director, addressed a packed audience at the opening of the Paris Film Festival. Ahead of the screening of his latest effort — You Will Meet A Tall Dark Stranger, — Allen jokingly called the ensemble romance a "chef d'oeuvre."

"If you hate this film, I'm going to start a new film," said Allen, whose Midnight in Paris has already started shooting includes an appearance by French first lady Carla Bruni-Sarkozy.

"If you hate both (movies), I'm going to kill myself," he wisecracked.

THE ASSOCIATED PRESS

BEP's new video to be in 3-D

Will.i.am has a feeling that Canadian director James Cameron's next project will involve the Black Eyed Peas.

In an interview with hip-hop magazine Vibe, Will.i.am said Cameron is onboard to helm a 3D concert film about the pop-rap outfit.

He said that Cameron — who was raised near Niagara Falls, Ont. — came up with a "dope" storyline for the movie, which will be a full-length film based around their tour activities.

"Right now we are planning our 3D tour movie and James Cameron is directing it," he told Vibe. "We have the biggest director because we are the biggest group on the planet." THE ASSOCIATED PRESS

Paris' pal takes rap for pot bust

Heiress and former Playboy playmate arrested during World Cup soccer match in South Africa Just a 'misunderstanding' Hilton's publicist claims

Socialite Paris Hilton took some of the spotlight from the World Cup after she was arrested on suspicion of possession of marijuana, then had the case dropped at a midnight court hearing.

Hilton appeared in a FIFA World Cup courtroom after being arrested during the second half of a quarter-final match between Brazil and the Netherlands, won 2-1 by the Dutch, at Nelson Mandela Bay Stadium in Port Elizabeth on Friday.

The authorities dropped the charges against Hilton, after her co-accused and a former Playboy playmate of the month, Jennifer Rovero, "acknowledged to be in possession of cannabis, and pleaded guilty," said Brig. Sally De Beer, a spokeswoman for South African police. She was sentenced to a fine of 1,000 rand ($130) or 30 days imprisonment. A publicist for Hilton said the incident was a "misunderstanding."

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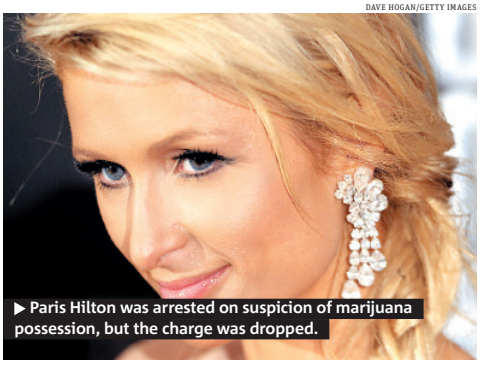
DAVE HOGAN/GETTY IMAGES



▶ Paris Hilton was arrested on suspicion of marijuana possession, but the charge was dropped.

FRAZER HARRISON/GETTY IMAGES

▶ Twilight star Kristen Stewart says she is not comfortable on the red carpet.

Stewart not big on being famous

Kristen Stewart admits that the fame she's gained from her work in the Twilight movies can be a bit much sometimes.

"I don't feel very comfortable on the red carpet," she tells Hello magazine. "I look out there at a thousand people and I realize they could rush me and assassinate me. No security could protect me. Ostensibly they're fans, but I think about them turning on me."

METRO NEWS SERVICES

Celebrity tweets

Ian MacKellen [@ianmackellen188] I asked all I met at WETA when "The Hobbit" starts shooting. Reply? "You tell us."

Jeremy Piven [@jeremypiven] If u are at a coffee shop an order a "caramel drink with no coffee, sugar free without dairy and cold without ice" it's a problem.

Amanda Bynes [@chicky] I'm thankful I'm not a man. I love men and I feel for them since it seems like a tough job.

Lindsay Lohan [@lindsaylohan] Just saw Ellen Page in a mini coop... She's so pretty!

Etheridge seeks joint custody

Melissa Etheridge has filed papers to officially dissolve her domestic partnership with Tammy Lynn Michaels, according Hollyscoop. The singer announced in April that were splitting up. According to the filing, Etheridge is seeking joint custody of the couple's 3-year-old twins.

METRO NEWS SERVICES

Lohan gets a punch for her bday

Lindsay Lohan's birthday celebrations got off to a rocky start when she was punched in the face by a waitress at a Hollywood nightclub. "A waitress just hit me," she posted on Twitter. "Punched me for no reason." The waitress in question, Jasmine Waltz, claims she's innocent.

METRO NEWS SERVICES

Osmond worrying family

Still reeling from her son's suicide earlier this year, Marie Osmond's family is reportedly considering sending her to a psychiatric hospital, according to the National Enquirer. Her brother, Donny Osmond, often has to plead with her to take the stage for their Las Vegas show, according to the reports.

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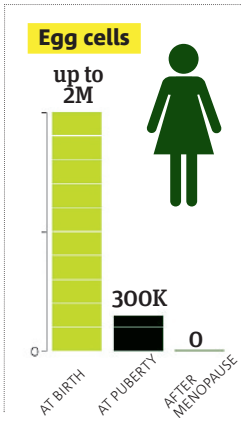
3 life

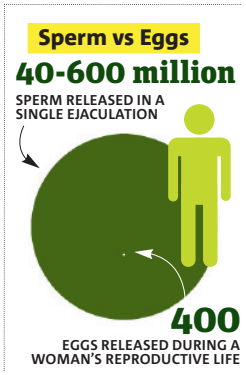
Failing to conceive? Don't blame woman

- One in seven couples have trouble conceiving, half of them because of faulty sperm.
- Now doctors have even developed an at-home sperm test kit.

TOM COGILL

▶ Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia, examining sperm.





Up and down

What dads-to-be should eat
Eat plenty of wholegrains. They're a good source of magnesium, which may help prevents sperm from sticking together. They should also increase their fruit and vegetable intake from five to eight portions per day. Oily fish like sardines and anchovies help the sperm swim faster.

What to avoid
Drinking more than one cup of coffee per day decreases fertility by 50 per cent, as does consuming more than five units of alcohol per week. The decrease has been shown as the partners taking twice as long to fall pregnant.
NUTRITIONIST YVONNE BISHOP-WESTON

ELISABETH BRAW
METRO WORLD NEWS

Michael Opsahl spends most days talking about sperms and erections. The Seattle gynecologist helps couples who can't conceive because of the husband's poor sperm.

"Couples come into my office and think the problem is the woman's fallopian tubes, but when I examine them I often discover that the man's sperm is as bad as the woman's tubes", says Opshal.

"Forty per cent of infertility cases can be attributed to men. I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity."

Some five per cent of men have such poor sperm that they require medical help. A typical man has 20-100 million sperm per milliliter of semen, but men with fewer than five million sperms per milliliter have poor chances of conceiving.

Conception is also affected if the sperms swim slowly or are of poor quality.

"But in 90 per cent of the cases, the problem is low sperm count", explains Professor John Herr, director of the Center of Contraceptive and Reproductive Health at the University of Virginia.

"If a man has less than five million sperms per milliliter, it affects his ability to conceive."

Many different factors are to blame: extreme sports, hot baths and saunas, radiation, toxins, and alcohol.

"Alcoholics can have babies, too," notes Opsahl. "But alcohol kills sperm. I've had several couples where the gave up alcohol and his wife promptly got pregnant."

Because sperm wander down to the testicles, where they're more exposed to the temperature outside the body, even changing underwear can make a man more fertile.

Men wishing for babies should wear boxers instead of briefs. While your at it, keep that warm laptop off your lap.

Men whose sperm fails to fertilize their wives' eggs are initially recommended to change their lifestyles.

If they still don't conceive, doctors can harvest their sperm and artificially inseminate an egg.

"When it comes to conceiving, medical technology is men's friend," says Opsahl.

"I always tell men that poor-quality sperm has nothing to do with their sexuality. The only men we can't help are the ones who have no sperm at all."

Still, having a doctor examine one's sperm can be humiliating.

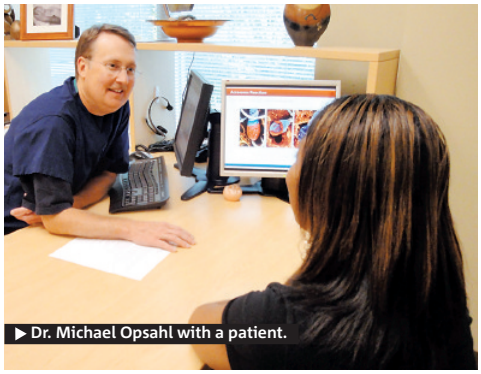
That's why Herr's team has developed a sperm test, called SpermCheck, that allows couples to check the man's sperm on their own.

SpermCheck functions the same way as a home-pregnancy test. It recognizes protein that's part of the sperm-head but doesn't exist anywhere else in the body.

Using SpermCheck, couples can find out whether the man reaches thresholds of five million and 20 million sperms per milliliter.

"Now couples can test their fertility in the privacy of their homes," explains Herr.

"And remember that in many countries infertility is a cause for divorce. This test can lead to greater gender equality around the world."



▶ Dr. Michael Opsahl with a patient.

"I tell my patients that making a baby is a team sport. But some feel that having their sperm checked is a threat to their masculinity." DR. MICHAEL OPSAHL

Moroccan Chickpea Salad

JENNIFER TIFFIN

Moroccan Chickpea Salad is a delicious — and healthy — meal

- Easy to make healthy treat
- Works well with a filling soup

Ingredients:

- 1 stalk celery, diced
- 1 green pepper, diced
- 1 med. tomato, diced
- 1 med. onion or 6 green onions, diced
- 1 can chickpeas, drained (19oz)
- 1/2 cup feta cheese

Dressing:

- 2 tbsp olive oil
- 3 tbsp red wine vinegar
- 2 tbsp fresh lemon juice (about 1/2 lemon)
- 1 tbsp fresh parsley
- 1 tsp fresh mint
- 1 tbsp & 1 tsp dried ground cumin
- salt & pepper to taste

Preparation:

1. Toss diced vegetables & drained chickpeas.
2. Stir dressing ingredients together. (Dressing will look thick and "muddy").
3. Pour over veggies and toss.

Serve this recipe with a delicious, filling soup, like our Orzo Soup with Harissa and Chicken. Harissa is an incredible North African spice mixture that packs a lot of punch.

CONTRIBUTED BY
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Superfood: Chai Seed

The tiny Chia seeds contain vital anti oxidants and have been shown to improve overall endurance and stamina levels making them the perfect snack when working out. When the seed is placed in water, the shell opens up and can absord up to nine times its volume in water, making them a great source of internal hydration.
The carbohydrates in the seed are released slowly, giving people the sensation of being fuller for longer, a great trick for people trying to control their weight.

The equivalent of one tablespoon of chia seeds was believed to sustain an Aztec warrior for an entire day.

ROMINA MCGUINNESS/ METRO WORLD NEWS

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*Limited time finance offer available on purchase of a new 2010 Golf gas model through Volkswagen Finance, on approved credit. Offer excludes Golf TDI Clean Diesel models. Base MSRP of $22,540 for a new 2010 5-door Golf 2.5L base model with 5-speed manual transmission (including $1,365 freight and PDI) financed at 0% APR for 36 months equals $626.11 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $22,540. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. **Limited time finance offer available on purchase of a new 2010 Tiguan 2.0T through Volkswagen Finance, on approved credit. Base MSRP of $29,455 for a new 2010 Tiguan 2.0T base model with 6-speed manual transmission (including $1,580 freight and PDI) financed at 0.9% APR for 66 months equals $457.59 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $746.07 for a total obligation of $30,201.07. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. †Receive up to $500 towards Volkswagen Original Accessories, with the lease or purchase of any new 2010 Jetta models. Certain conditions apply. No cash value. Excludes labour and tires. ††Limited time finance offer available on purchase of a new 2010 Jetta 2.5L and Jetta TDI Clean Diesel through Volkswagen Finance, on approved credit. Base MSRP of $23,540 for a new 2010 Jetta 2.5L base model with 5-speed manual transmission (including $1,365 freight and PDI) financed at 0% APR for 66 months equals $356.67 per month. Dealer may sell for less. Down payment or equivalent trade-in, due at signing, may be required. Cost of borrowing is $0 for a total obligation of $23,540. PPSA, license, insurance, registration, any dealer or other charges, options and applicable taxes are extra. All offers end September 30, 2010 and are subject to change or cancellation without notice. 2010 5-door Golf 2.5L as shown is $30,440 with options and accessories. 2010 Jetta 2.5L as shown is $30,606 with options and accessories. 2010 Tiguan 2.0T as shown is $42,805 with options and accessories. Models may not be exactly as shown. Dealer order/trade may be necessary. ‡Up to $750 rebate for recent college or university graduates. Certain conditions apply. Visit vw.ca or your Volkswagen dealer for details. "Volkswagen", the Volkswagen logo, "Golf", "Jetta", "Tiguan" and "TDI Clean Diesel" are registered trademarks of Volkswagen AG. "Das Auto & Design" and "Volksfest" are trademarks of Volkswagen AG. © 2010 Volkswagen Canada.

Pelicans caught in the slick

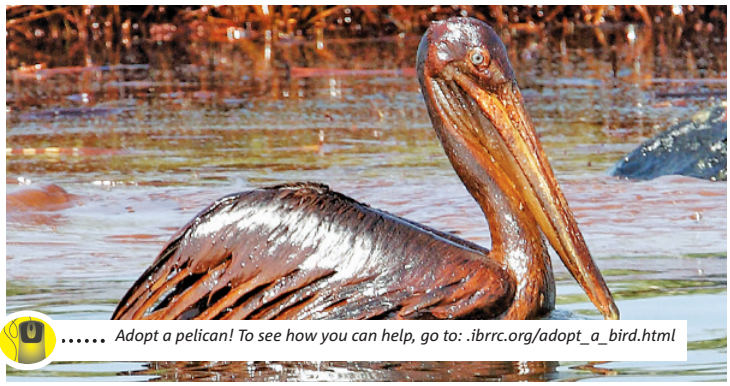
The BP oil spill now threatening the Brown Pelicans — an animal that just came off the endangered list

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

The BP oil spill is the biggest environmental disaster ever to have hit the US and efforts to save the unique and fragile wildlife are intense.

The Gulf Restoration Network has worked for 15 years exclusively on protecting the wetlands, preventing risks and promoting clean, safe waters and sustainable fishing.

Now they've dropped everything else to devote all resources on the oil spill alongside other wild life organizations and volunteers.



..... *Adopt a pelican! To see how you can help, go to: .ibrrc.org/adopt_a_bird.html*

The Brown Pelican has become something of a poster bird for the wildlife rescue efforts.

"And it had just been taken off the endangered list," said Aaron Viles, campaign director at organization The Gulf Restoration Network.

"The oil spill has had a huge impact on these birds. They are on their nests now so their young are also smeared with oil."

The reason so many Brown Pelicans are seen completely covered with oil is the way they fish.

"They are plunge feeders. They plunge through the surface for food and they can't discern between an oil covered surface and clean water," Viles said.

Seven hundred eight-five oiled pelicans had been taken in alive. However, experts now debate whether cleaning oiled birds actually is humane or worthwhile. The survival rate among cleaned birds is low.

But conservationists stress that for an endangered species every surviving animal counts, and it's also an ethical obligation to clean up a man made threat to the environment.

Other severely endangered species affected by the oil spill are the five species of sea turtle that live in the Gulf.

Viles believes the number of oiled turtles is higher, and the worst is still to come for the sea turtles.

"In August they will be on their nests," he says.

And the list goes on. Sperm whales, the highly endangered blue fin tuna, dolphins, seabirds etc.

Fishing for today, to fish for tomorrow

With 70 per cent of the world's fish stocks threatened by over-fishing it's not always easy to know what's good for the planet.

JESSICA CARLESON
GREEN@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ 88 fisheries have been certified by MSC and 213 are engaged in the MSC program

In 1997, WWF and Unilever realized the need for an eco-label and international certification of sustainable seafood. They teamed up to create the Marine Stewardship Council (MSC) which offers an accreditation scheme for fisheries worldwide.

Those who pass get to stick the MSC logo on their products, which tells the customer this is sustainable seafood.

Over the last three and a half years the number of fisheries entering the program has doubled every year.

"Fisheries are starting to see this as something that's really useful. For those who are sustainable to start with it's a great way of demonstrating that to the world," says James Simpson, who works for MSC in London.

Changing to sustainable fishing practices is not cheap.

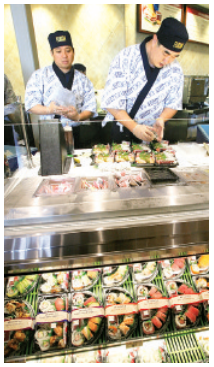
"In the short-term it is obviously more profitable to just fish unsustainably and catch everything and not care about by-catches, but that is not a long-term and sustainable way forward for the industry," says Simpson.

But there are several charitable trusts which are prepared to sponsor an assessment for sustainable fishing. If you can't find the MSC-logo, you can always ask your store.

"Asking makes a huge difference. As soon as the customers start asking for sustainable seafood they'll start asking their suppliers," says Simpson.

Without it, the UN estimates that 40 million tonnes of food will be required from fish farms by 2030 to feed the world's population.

Know your fish



5,000+
seafood products worldwide are sold with MSC labels.

- **msc.org** has lists of sustainable fish, recipes and a directory of suppliers in Canada
- **WWF** has wallet-sized guides for several countries covering which species you can eat with a clean conscience and which you should avoid at panda.org — search for Seafood Guides

Queen of Green

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FIRM ANSWERS TO PLASTIC PROBLEMS

QUESTION:
I'd like to know if plastics are safe to microwave and if so, how can I tell?
Justine from Vancouver, B.C.

The answer is simple: Do not microwave plastic containers or plastic wrap, ever. Heating up plastics can cause phthalates (a toxic petroleum derivative) to leach into your food.

Instead, reheat last night's dinner in glass or ceramic dishes. Safely cover food with a plate or lid to avoid polyvinyl chloride (PVC) plastic wrap and to prevent a mess in the microwave.

Finally, take stock of plastic containers spilling out of your kitchen cupboards. Check for cracks and scratches. Damage like this will ruin leftovers because toxic chemicals can leach out.

But before tossing them in the blue bin, repurpose them throughout the home. Worn plastic containers — with or without lids — make great storage. Organize a cluttered closet or nuts and bolts in the garage.

A plastic diet will help you reduce your exposure to toxins in the home and lighten your environmental footprint at the same time.

Plastic diet

Start your plastic diet today with these steps:

- **Step 1:** Avoid plastic packaging on your next trip to the grocery store.
- **Step 2:** Store leftovers in reusable glass or stainless steel containers.
- **Step 3:** If you reuse plastic containers in the fridge or freezer, only reuse those numbered 2 (HDPE), 4 (LDPE), or 5 (PP). These are found on the bottom of most containers and lids.

Want to cope with stress at work? One author suggests you start yelling at a toaster or potted plant Despite the unorthodox approach, one psycologist agrees with this stress-buster

ISTOCK PHOTO/METRO PHOTO ILLUSTRATION

▶ Do you ever feel like screaming at work? Do you bring the stress of your job home? One author has some interesting advice.

Go ahead, gripe, as long as you're alone

KEITH CARMAN
WORK@METRONEWS.CA

Badgering bosses, challenging colleagues and provoking partners. Everyone has stress and we all need to get it out somehow.

Most people tend to gripe away at a buddy or loved one but, as counsellor and researcher Karla McLaren reveals in her latest CD/book, The Language of Emotions — What Your Feelings Are Trying To Tell You, people aren't always the best sounding board for our woes.

"Very few people have the time or energy to support us through our truly difficult emotions," she says. "If we start complaining to them, they'll try to stop us or fix the problem before we really know what the problem is."

McLaren has devised a privately cathartic practice she calls "conscious complaining," where you select an inanimate object and unload — like a wall or toaster.

"Griping should not be the only strategy for dealing with stress. It supports passivity and chronic dissatisfaction ... take action to improve (via) meditation, relaxation and exercise." ROSS GRAY, PSYCHOLOGIST

While doing so, keep in mind five basic principles: Find a private place, start with an opening statement, let go completely, end with a ritual (bowing, shake it off) — and do it often.

While many may balk at the idea of carping about caustic customers to a cactus, even revered psychologist Ross Gray notes that conscious complaining is certainly not an unhealthy practice for both grumblers and supporters.

"Griping about work has some pressure-relieving quality and thus has a use — albeit limited — in managing stress. It has a more benign effect if not always directed at helpless loved ones. Similarly disenchanted colleagues make good griping company (while) potted plants hardly ever complain but may not grow as heartily."

Meditation

Finding personal peace is great but a lot of us just don't have the time to sit and meditate until the moment of clarity. That's why mediation specialist Sheevaun Moran has created her own series schedule-sensitive processes for emotional betterment.

- **Titles such as** Clutter No More, Living Wealthy Prosperous and Ultimate Peace and Relaxation Meditation are directed at a variety of needs, goals and stress levels all without hampering our already-taxed lives.
- "Learning to juggle the day-to-day stress of work, kids and relationships often means relaxation takes a back seat," she notes. "These guided meditations are short, sweet and will teach the seeker the art of relaxation and introspection."

KEITH CARMAN

8 tips to become your own boss

Tamara Monosoff offers eight tips for becoming your own boss from her book, Your Million Dollar Dream.

▶ Tamara Monosoff

1 Take a stand for yourself. If you are dissatisfied with your current circumstances no one will fix them — except for you. It doesn't do any good to blame the economy, your boss, spouse or family. Change can only occur when you make a conscious decision to make it happen.

2 Take the pressure off yourself. If you know you want to do something new, but don't yet know the "what" or "how" don't expect that you should know what that "thing" is or the steps for getting there.

3 Figure out the right business for you. What do you already know? What are you passionate about? Give yourself permission to explore.

4 Adopt a service mindset. Regardless of the type of business you choose, you need to be committed to serving others — customers, clients, employees, community and investors.

5 Create your plan. As you write down your goals, strategies and action steps — your business becomes real.

6 Build a support network. You've made the internal commitment to your business. Now you need to cultivate a network of supporters, advisors, partners, allies, and vendors.

7 Get the word out. Be willing to say who you are and what you do with conviction and without apology. Embrace and use the most effective online tools available to broadcast your news.

8 Take care of yourself. This is an intense process and it takes hard work. Be diligent about scheduling time to destress. Walk, meditate, meet a friend – do whatever works best for you.

METRO

ARE YOU WORKING WHILE DEPRESSED?

Are you working at a paid job and have 3 or more of the following symptoms of depression?

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- ☐ Diminished interest or pleasure in activities
- ☐ Change in appetite
- ☐ Poor sleep
- ☐ Fatigue
- ☐ Low self-esteem
- ☐ Poor concentration

If you have some of these symptoms and are between 19 – 65 years of age, you may be eligible to participate in a research study which combines telephone counselling and an antidepressant medication.

The study is being conducted by Dr. Raymond Lam at the Mood Disorders Centre, UBC Hospital.

For more information, call 604-822-7627.

Mood Disorders Centre
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UBC

Refining roomie relationships

While many students may not like their roommates, studies show it's worth it to stick it out Some students may even be the better for it

BRUCE WALSH
METRO WORLD NEWS

College freshmen are often tempted to request roommate changes within weeks of unpacking. But a host of research data suggests that staying the course — barring abusive situations — is likely to have a positive effect on students for years to come.

In a college roommate setting, tension could actually produce better results for students. For instance, most studies show that racial differences among roommates lead to more conflict. However, an important Ohio State University and Virginia Commonwealth University study showed that mixed-race roommate situations resulted in better grades for African-Americans.

Moreover, a recent study found that most roommate situations get better, not worse, over a 10-week period. That same study presented evidence that a willingness to reveal weakness is a key factor in a good roommate relationship. Admitting to fears and shortcomings can create a healthy bond, even between extremely different personalities.

"Human weakness, I think, is really one of the only reliable facts of the universe," says John Mallinen, a counsellor. "We are all dealing with a lot of fear. When we are able to share that with another person, it's bound to create intimacy."

And that can begin — at least in small doses — online, before you meet, says Natalie Caine, founder of Empty Nest Support Services, a Los Angeles-based consultant.

"Make you let each other know you are excited and nervous so it shows some vulnerability," she explains. "Use humour, like saying you will bring ear plugs to share for snoring or late-night studies."

The expert's take

"I encourage students not to let Facebook be the source of first impressions since there's usually more to a student than what is posted on their online profile. Make time to talk on the phone and learn about each other."

WENDY PIPER, COLLEGE DIRECTOR OF RESIDENTIAL LIFE

ISTOCK PHOTO

▶ A recent study shows that roommate relationships get better, not worse, over a 10-week span.

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At this free event, learn about business school first-hand from admissions officers and MBA alumni! A panel of experts will cover insider tips on the application process and discuss business career opportunities. The event will include a GMAT strategy session as well as a business school fair with representation from Vancouver-area and national business schools.
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SFU SFU BUSINESS SIMON FRASER UNIVERSITY
University of Victoria Business MBA
SAUDER School of Business

News in brief

uAlberta, Dal named top places to work

EDUCATION The University of Alberta and Dalhousie University are listed among the top 10 international academic institutions in The Scientist's annual Best Places to Work in Academia rankings and reported by Canwest News Services. uAlberta placed sixth, and Dal ranked 10th. Institutions

METRO NEW SERVICES

More high school grads in Alberta

SCHOOL Alberta's education ministry reports that the province's high school completion rate increased in 2009, rising to 71.5 per cent from 70.8 per cent in 2008.While the education minister says the government is very happy with the direction the graduation rate is going, "It's not good enough, yet." Even with the improvement, Alberta lags behind most other provinces.

METRO NEW SERVICES

‘Satisfaction’ for Nadal after win

Nadal defeats Berdych to win second Wimbledon trophy

Rafael Nadal looked like a guy who absolutely couldn’t wait to get out there, clutching his racket and hopping in place near the entrance to Centre Court before the Wimbledon final.

He jiggled his left leg, unable to sit still on the sideline. He even bopped around during the pre-match coin toss.

When it was finally time to start warming up, he zigzagged to the baseline in a full sprint. And when it ended, Nadal marked his victory with a celebratory somersault.

That endless energy, and so many superb strokes, allowed the No. 2-seeded Nadal to outclass No. 12 Tomas Berdych of the Czech Republic 6-3, 7-5, 6-4 yesterday for his second Wimbledon trophy and eighth Grand Slam title overall.

A year ago, sidelined by painful knees, 2008 Wimbledon champion Nadal was planted on his couch at home in Spain and watched the final on television, only the fifth man in the history of a tournament that dates to 1877 who couldn’t defend his championship because of injury.

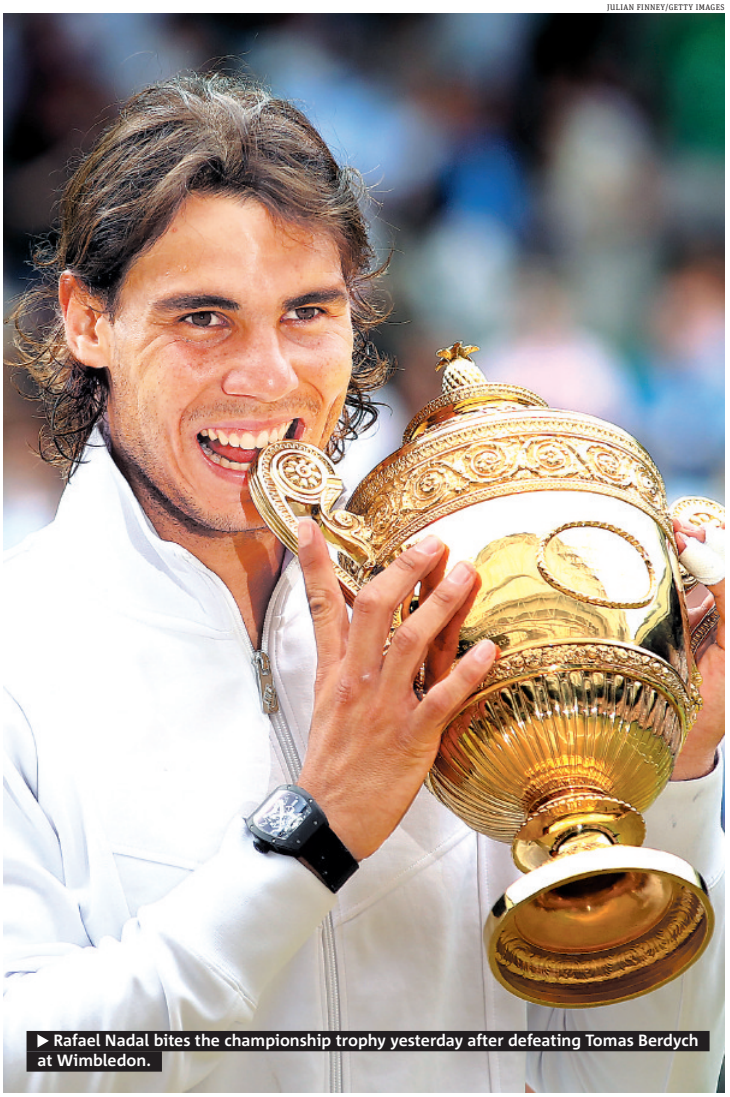
“It was probably one of the toughest moments in my career,” Nadal said. “To return and win again here represents such personal satisfaction — everything I did to be here, all the work I put in to get back.”

What a journey, too. His 31-match French Open winning streak ended, he missed Wimbledon, went more than eight months without a title anywhere, lost the No. 1 ranking, and, hardest of all, dealt with his parents’ separation.

“Not easy,” he said.

THE ASSOCIATED PRESS

JULIAN FINNEY/GETTY IMAGES



▶ Rafael Nadal bites the championship trophy yesterday after defeating Tomas Berdych at Wimbledon.

What a year

There is little doubt Rafael Nadal is the best player in tennis today.

- As of yesterday, Nadal is 47-5 with five titles in 2010, both tour highs.
- He won 24 matches in a row in one stretch, regained his Roland Garros title and the No. 1 ranking last month, and managed the tricky transition to grass from clay by winning the French Open and Wimbledon in the same year for the second time.
- “He’s showing in the last few months that he’s really the champion,” said Tomas Berdych.
- Nadal’s eight titles at major tournaments push him past John McEnroe and ties Nadal with quite a heady group that includes Andre Agassi, Jimmy Connors and Ivan Lendl.

Big Red Mike captures Queen’s Plate

FRANK GUNN/THE CANADIAN PRESS

▶ Eurico Rosa da Silva pumps his fist yesterday as he wins the Queen’s Plate aboard Big Red Mike.

No matter how many Queen’s Plate races Eurico Rosa da Silva wins, the second will likely always be the sweetest.

Rosa da Silva staked Big Red Mike to a wire-to-wire victory in the $1-million race at Woodbine Racetrack yesterday. Included in the crowd of between 25,000 and 30,000 on the hot, breezy summer afternoon was the Queen, who made her fourth appearance at the Toronto track, but first since 1997. She presented the race trophy to Rosa da Silva and Big Red Mike’s connections in the winner’s circle.

“I just told her I am so happy to see her, to meet her,” Rosa da Silva said. “It was a great feeling.

“Winning the Queen’s Plate is great, but doing it with the Queen here is so special. Very, very special day.”

Rosa da Silva claimed North America’s longest continuously run stakes event for the second year in a row after winning the 2009 edition aboard Eye of the Leopard.

THE CANADIAN PRESS

Sports in brief

Petacchi wins Tour’s 1st stage

CYCLING. Alessandro Petacchi of Italy won yesterday’s crash-marred first stage of the Tour de France, with top sprint rivals and overall contenders such as Lance Armstrong delayed by the spills. Three crashes tangled up riders in the last few kilometres including a big crash within the last half-mile.

THE ASSOCIATED PRESS

4 sports

News in brief

1 Justin Rose wins the AT&T National by one shot.

2 Brazil coach Dunga and his technical staff fired.

3 Joe Johnson agrees to a max contract with the Atlanta Hawks, his agent says.

Scan code for sports news

Lions kick their way to win over Eskimos

- McCallum boots six field goals
- Season-opening loss leaves Esks trailing in standings

LIONS	ESKIMOS
25	10

The B.C. Lions literally took the boot to the Edmonton Eskimos in the season opener for both teams last night.

Paul McCallum booted six field goals as the Lions defeated the Eskimos 25-10.

"It was a nice way to start the season, absolutely," McCallum said. "It's good to be able to go out there and help the team, but on the same token you don't want to be in a situation where the team needs you to kick that many either.

"But when I am called upon, I want to be able to do that for them."

McCallum's six field goals tied his own career record set in 2006.

The CFL record is eight field goals in a game, accomplished twice by Dave Ridgway.

The Lions were in field-goal range at the end of the game but chose to run out the clock.

In McCallum's mind, that was better than trying to go for a seventh on the night and kicking the Eskimos when they were down.

"There was no point," he said. "That would have been rubbing salt in the wound."

Lions head coach Wally Buono was satisfied with the opening performance from his team.

"There is still a lot of improvement to do," he said. "There are some things we can do better. But I liked the fact that we competed and made plays when it was critical. I liked the fact that the veterans set the tone, as well. The veterans made the big plays and the young guys can learn from that and get better."

The Lions join Calgary and Saskatchewan atop the Western Division standings at 1-0 with the Eskimos already a full game behind the other three teams at 0-1.

THE CANADIAN PRESS

Notes

- The two teams also met in pre-season play as wide receiver Skyler Green hauled in a last-minute touchdown catch for a 36-32 Eskimos win.

JOHN ULAN/THE CANADIAN PRESS

▶ Edmonton Eskimos' Justin Cooper, left, attempts to block the kick from B.C. Lions' Paul McCallum yesterday.

Germany viewed as favourites

Germany is the team to beat as the World Cup comes down to four contenders, with Spain, the Netherlands and Uruguay looking for a way to beat a powerful squad that has peaked at just the right time.

With 13 goals in five games, Germany has sent home Argentina and England with ease, scoring four times in each of those wins.

The three other semifinalists have been less impressive.

At the end of the first round, South American teams were set to dominate the competition. Only Uruguay remains, with favourite Brazil falling to the well-organized Dutch.

Uruguay meets the Netherlands tomorrow and European champion Spain faces three-time World Cup winner Germany on Wednesday for places in the final.

No European team has won a World Cup staged outside the continent.

THE ASSOCIATED PRESS

JOERN POLLEX/GETTY IMAGES

▶ Miroslav Klose, right, of Germany celebrates victory over Argentina with teammates on Saturday.

Morneau selected

Canadian slugger Justin Morneau is the American League's starting first baseman and he'll be joined in the all-star game by three members of the Toronto Blue Jays.

The Minnesota Twins star from New Westminster, B.C., won a tight fan vote over Miguel Cabrera of the Tigers and Mark Teixeira of the Yankees, earning his first starting nod in four selections to the July 13 Midsummer Classic in Anaheim, Calif.

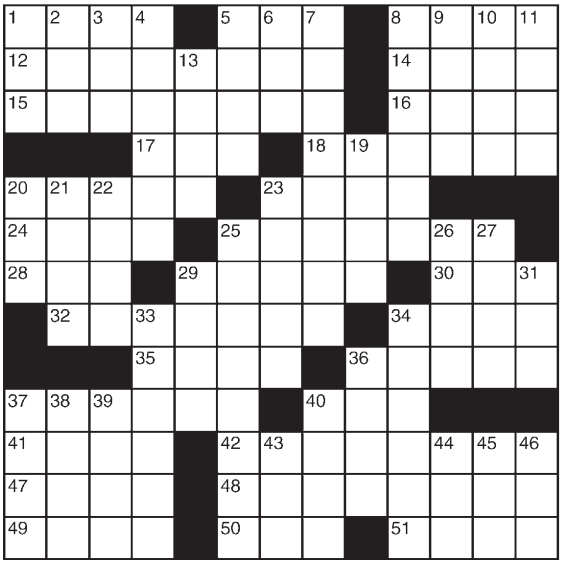
No other Canadians were named to the rosters announced yesterday — Cincinnati Reds first baseman Joey Votto of Toronto is one of five National League nominees in the fan vote for the final roster spot — but outfielders Vernon Wells and Jose Bautista plus catcher John Buck will represent the Blue Jays.

Wells will be making his third trip to the all-star game while Bautista and Buck were both chosen for the first time.

AL MVP catcher Joe Mauer was the fans' top choice in his league.

THE CANADIAN PRESS

Crossword



Across
1 Basin accessory
5 Greek cross
8 Foretell
12 Store VIPs
14 Satan's specialty
15 Internet ID
16 Word with pool or pit
17 Corn spike
18 Husband-to-be
20 Tall marsh bird
23 Boring
24 Small horse
25 Fix the boundaries of
28 Toss in
29 Country estate
30 Poorly lit
32 TV oldie about the Carringtons
34 Relinquish
35 Bygone Peruvian
36 Says grace, e.g.
37 South China Sea sultanate
40 Abu Dhabi's land (Abbr.)
41 Mysterious letter
42 15-Across partner
47 Came down
48 Paid attention
49 Alluring
50 Blunder
51 Went away

Down
1 Ostrich's cousin
2 Existed
3 Away from WSW
4 Seldom
5 Rip
6 Branch
7 So as to have a purpose
8 Soothe
9 Microwave, e.g.
10 Platter
11 Otherwise
13 Summertime pest
19 Pelvic bones
20 Resort
21 Mary who married Abe
22 Race place
23 Rivermouth deposit
25 Follower
26 Thought
27 Spruced up
29 Barn-roof adorner
31 French possessive
33 Octogenarian's next milestone
34 Form of embroidery
36 History
37 Lingerie items
38 Legislation
39 Alternative to Windows
40 Cold War nation (Abbr.)
43 Melody
44 Single
45 Ump
46 Banned bug spray

▶ Yesterday's answer

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L	A	V	A		T	A	K	E	F	I	V	E
E	V	E	R		E	L	I	A		Z	E	E
N	E	R	D		D	E	P	P		E	T	C

Sudoku

4		2				5		8
	7	9	5		8	6	2	
6								1
			8		6			
	2			3			6	
			9		2			
5								6
	3	6	7		5	1	4	
9		1				8		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	1	8	7	3	2	9	6	5
3	6	9	4	5	1	2	8	7
7	5	2	9	8	6	1	3	4
9	2	7	8	6	4	3	5	1
6	4	3	5	1	7	8	2	9
1	8	5	3	2	9	7	4	6
5	7	4	2	9	8	6	1	3
2	3	6	1	7	5	4	9	8
8	9	1	6	4	3	5	7	2

Send a KISS

Show some love! Send a note to somebody special at kiss@metronews.ca

Ann, you are the best!
BARRY WOOD

Y.E. have been fallen in luv wit u for over 400days! i luv u so much
S.W.

Anthony, I'm blessed to be in love with my best friend. Be mine forever?
NJR

I love baby. Happy 3rd Anniversary!!!!
YESE MIRA

Every night with you is like the first night over again,you are a incredible DJ babe,Happy Belated 1 year.xo
GEEK

You know I love and adore you booger face :p
YOURS TRULY, JESSICA.XOXO

Kiss to super hot guy Farhad G.
HOTGIRL

The Weather Network
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Today	Tuesday	Wednesday
Partly cloudy	Sunny	Sunny
20° / 12°	24° / 18°	27° / 18°

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you enjoy what you are doing then other people's opinions are completely irrelevant. You may get some negative comments but you will ignore them all with grand disdain.

♉ Taurus April 23-May 21 You will be concerned with ideas and their practical applications today. However, if you insist that everything is thought out and planned in advance you may lose that spark of originality.

♊ Gemini May 22-June 21 There are so many ways you can change your life for the better but one way in particular will stand out today. If it is something you can do with your friends so much the better.

♋ Cancer June 22-July 22 Don't limit yourself to tried and trusted methods. Make the effort to explore new ways of doing things, especially on the work front.

♌ Leo July 23-Aug.23 The most important thing by far right now is that you stay true to your beliefs. Others may try to persuade you that your viewpoint is old-fashioned, and maybe it is, but it works for you and that's the only thing that matters.

♍ Virgo Aug. 24- Sept. 22 According to the planets you have been ignoring certain warning signals and it could have an adverse effect on your earning power. Get your act together before it's too late.

♎ Libra Sept. 23-Oct. 23 If you don't feel like mixing with other people today, then don't. Even Libra needs some personal time once in a while, so tune out the world and enjoy your own company.

♏ Scorpio Oct. 24-Nov. 22 You can at times find it hard to think outside certain limits. However, there are things going on around you now that demand you take a broader view of life.

♐ Sagittarius Nov. 23-Dec. 21 Today you could easily mislead yourself about something that seems unimportant but could have far-reaching consequences. Don't take anything on trust over the next 24 hours.

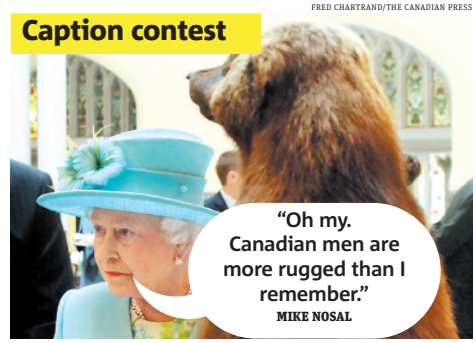
♑ Capricorn Dec. 22-Jan. 20 Perfection is an illusion and the sooner you recognize that fact the better. By all means set yourself new goals over the next few days, but make sure they are goals you can actually reach.

♒ Aquarius Jan. 21-Feb. 18 You may be bored with your lifestyle but things get shaken up a bit this coming week. However, whatever changes come about they are unlikely to be permanent.

♓ Pisces Feb. 19-March 20 Your attitude towards money matters will change quite a bit today and tomorrow but that does not mean you can just forget about earning a living.
SALLY BROMPTON

Caption contest

FRED CHARTRAND/THE CANADIAN PRESS



You write it!

Write a funny caption for the image to the right and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

KEVIN HARE/THE ASSOCIATED PRESS

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CANADA DAYS JULY 2-5

STEP UP TO THE BIGGEST CELEBRATION IN THE COUNTRY.

2010 RAM HEAVY DUTY LEGENDARY CUMMINS POWER

2010 Ram 3500 Crew Cab Laramie 4x2 shown.[§]

MOTOR TREND'S 2010 TRUCK OF THE YEAR

NO CHARGE CUMMINS TURBO DIESEL ENGINE — **$9,245 VALUE**

- Ram is the **only** Heavy Duty Diesel pickup in the market that **does not** require a diesel exhaust fluid (DEF) system to meet stringent 2010 emissions requirements
- 350 hp @ 3,000 rpm • Class-Exclusive standard integrated exhaust brake
- Best-In-Class low-end torque • Up to 650 lb-ft @ 1,500 rpm
- **Nobody offers a better diesel engine warranty: 5 years/160,000 km**

2010 RAM 1500 QUAD CAB SXT 4X4 MOST AWARDED RAM TRUCK EVER

2010 Ram 1500 Crew Cab Laramie shown.[§]

PURCHASE FOR **$26,980**[•] INCLUDES $8,250 CONSUMER CASH* AND FREIGHT.

Plus get **0%**[†] PURCHASE FINANCING for 36 months OR CHOOSE **$161** BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.50%**[±] FOR 84 MONTHS

STEP UP FOR ONLY **$29** MORE BI-WEEKLY

2010 RAM 1500 SLT

- 5.7L HEMI® V8 with MDS and VVT, and 390 hp • Speed Control
- Tire Pressure Monitoring display • Remote Keyless Entry • Overhead console
- Vehicle Information Centre with trip computer/temperature/compass
- 20" Aluminum Wheels • Dual rear exhaust

NO CHARGE HEMI ENGINE

2010 DODGE GRAND CARAVAN

CANADA'S BEST SELLING MINIVAN FOR MORE THAN 25 YEARS
CANADA VALUE PACKAGE

2010 Dodge Grand Caravan SXT shown.[§]

PURCHASE FOR **$21,480**[•] INCLUDES $6,500 CONSUMER CASH* AND FREIGHT.

Plus get **0%**[†] PURCHASE FINANCING for 36 months OR CHOOSE **$129** BI-WEEKLY @ A VARIABLE PRIME RATE OF **2.50%**[±] FOR 84 MONTHS

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SIRIUS SATELLITE RADIO

Wise customers read the fine print: •, ‡, †, ±, §, ◆ Canada Days Event offers apply to retail deliveries of selected new and unused models purchased between July 2, 2010 and July 5, 2010 from participating dealers. Dealer order/trade may be necessary. Offers subject to change without notice. See participating dealer for complete details and conditions. •$26,980 Purchase Price applies to 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR+XFH) only and includes $8,250 Consumer Cash Discount. $21,480 Purchase Price applies to 2010 Dodge Grand Caravan Canada Value Package (24F+CL9) only and includes $6,500 Consumer Cash Discount. See participating dealer for complete details. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ‡Consumer Cash Discounts are offered on most new 2009/2010 vehicles and are manufacturer-to-dealer incentives, which are deducted from the negotiated price before taxes. Amounts vary by vehicle. See your dealer for complete details. †0% purchase financing for 36 months available to qualified customers on approved credit through Royal Bank of Canada, Scotiabank, TD Financing Services and GMAC on most 2010 Chrysler, Jeep, Dodge and Ram models, except Challenger, Caliber Canada Value Package and SE Plus, Grand Caravan Cargo Van, Sprinter and Ram Chassis Cab. Examples: 2010 Ram 1500 Quad Cab SXT 4x4 (24A+AGR+XFH)/2010 Dodge Grand Caravan Canada Value Package (24F+CL9) with a Purchase Price of $26,980/$21,480 financed at 0% for 36 months equals monthly payments of $749.44/$596.66; cost of borrowing of $0 and a total obligation of $26,980/$21,480. Pricing includes freight ($1,400) and excludes license, insurance, registration, any dealer administration fees and other applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less. ±Variable Prime Rate financing up to 84 months is offered on approved credit on most new 2010 vehicles to qualified retail customers through TD Financing Services and Royal Bank of Canada. Bi-weekly payments are based on Prime Rate of 2.45% as at June 1, 2010 and a $0 down payment. Example: 2010 Ram 3500 Crew Cab Laramie 4x2 (24A+AGR+XFH) with a Purchase Price of $58,465, 2010 Dodge Grand Caravan SXT (24F+CL9) with a Purchase Price of $27,695, Prairie, Ontario, Quebec, Newfoundland and Labrador, Nunavut and Northwest Territories. Some conditions apply. See participating dealer for complete details. §2010 Ram 3500 Crew Cab Laramie 4x2 shown is based on Ram 4500, 5500 and Chassis Cab models. §§2010 Dodge Grand Caravan SXT shown is based on Dodge Journey, Nitro, Caliber and Grand Caravan models. ◆One free Canada day picnic blanket with a test drive of any new Chrysler, Jeep, Dodge or Ram vehicle. Offer ends July 5, while supplies last. Limit one per customer. ®SIRIUS and the dog logo are registered trademarks of SIRIUS Satellite Radio Inc. ®Jeep is a registered trademark of Chrysler Group LLC. any dealer administration fees and other applicable fees and applicable taxes. Dealer order/trade may be necessary. Dealers may sell for less.